

January/February Issue  
Volume 20, Number 1

# GYMNASTICS



## QUEEN YANKEE

Shannon Miller  
Wins Her First  
International Title.

## WINTER NATIONALS

## REVCO '90 TOUR OF CHAMPIONS

## 1990 WORLD CUP

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freedom of choice.*

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agreements" may be tougher  
to negotiate.*

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medalist, wears our classic  
competition shirt.*



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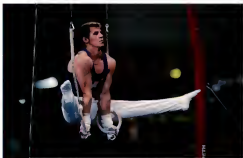
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Use USGF 0012-0020 (ISSN 0012-0020) published bi-monthly for \$12 per year in the U.S., all other countries \$25 per year. USA GYMNASTICS published by the United States Gymnastics Federation, 300 American Lane, 2nd Floor, Crystal Lake, Ill. 60014 (phone 815/431-0020). Second class postage paid at Indianapolis, IN 46204 and additional mailing offices. POSTMASTER: Send address changes to USA GYMNASTICS, 300 S. Capitol Ave., Suite 200, Indianapolis, IN 46202. United States Gymnastics Federation 0012-0020 (ISSN 0012-0020)

The United States Gymnastics Federation (USGF) is the national governing body for the sport of gymnastics. A not-for-profit organization, the USGF administers, trains and disciplines the U.S. Gymnastics Team, including the U.S. Olympic Gymnastics Team. Contributions and support are always welcome and are tax-deductible. ©1991 USGF and USA GYMNASTICS. All rights reserved. Printed in the USA.



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## ASK MARY LOU

DEAR MARY LOU:

I have two of the books written about you and in one of them it says you begged your mom to let you go train with Karolyi's. Now that you have achieved your goals of Olympic victory, do you think your parents should have tried to find better training for you sooner? I am the parent of a promising young gymnast. She has her heart set on the 2000 Olympics. Now my question, have the parents decide, and at what point in a gymnast's life should parents decide, on a new gym that can make the opportunities available to her when she wants them?

My daughter develops loyalties and bonds to coaches she works hardest with so we want her to be where she can develop that relationship, it makes her stronger and try harder. So give the parents some advice! We need guidance, too, that only on choosing a coach, and where, but as our child's primary motivation, what is the best type of emotional support that we can give

## Sherry Fendler

### Brownsville, Texas



## Der Autor

I don't remember ever begging my parents to let me go to Houston to train with Belski, but I certainly expressed great excitement.

Your question is very difficult to answer. In my situation, one of the best coaches in the sport of gymnastics recognized my talent. So my parents and I felt pretty confident about the choice of leaving home. My parents are wonderful people, and there would have been

ported any decision I would have made. The only advice I can give parents is to stick by your child. Support them. Don't push them into doing something that they don't want to do. The child has got to have the burning desire in her heart to want to be successful. You seem like a very loving and concerned parent. One who wants the best for her child. Talk to your daughter and talk to other coaches to see what opinion they express on your daughter's talent. Let the coaches help you with the decision.







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tries have inquired as well.

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Indianapolis, IN 46225  
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4. Your completed check or credit card statement will be confirmation that your order has been received and processed. Tickets will be mailed to all applicants on or about July 30, 1991.

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Sun, Sept. 4 All Day	Men's & Women's Championships	\$ 5	\$ 5	\$ 5
Mon, Sept. 5 All Day	Women's Championships	\$ 5	\$ 5	\$ 5
Mon, Sept. 5 All Day	Men's Team Competition	\$ 7	\$ 7	\$ 7
Tue, Sept. 10 All Day	Women's Team Competition	\$ 7	\$ 7	\$ 7
Tue, Sept. 10 All Day	Men's Team Finals	\$10	\$10	\$10
Wed, Sept. 11 All Day	Women's Team Finals	\$ 7	\$ 7	\$ 7
Wed, Sept. 11 All Day	Men's Team Finals	\$10	\$10	\$10
Thu, Sept. 12 All Day	Men's All-around Finals	\$10	\$10	\$10
Fri, Sept. 13 All Day	Women's All-around Finals	\$10	\$10	\$10
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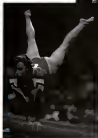
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## AMERICAN CLASSIC NATIONALS

### Tempe, Arizona

The heat was on in the desert—not the outside temperature, which was unseasonably cool, but inside the Arizona State University gym, where the American Classic took place. This competition is the first leg of the 1991 World Championships qualification procedure.

Storrey Eskin, his staff and booster club at Desert Devils hosted the competition with their usual expertise and were supported by the Arizona



Elisabeth Crandall



Dominique Dawes

clubs, gymnastics enthusiasts and assisted by John Spin, ASU Women's Gymnastics Coach.

Congratulations to all the gymnasts for a great competition!



Kerri Strug

#### SENIORS

##### ALL-AROUND

1.	Elisabeth Crandall	Desert Devils	74.280
2.	Shannon Miller	Dynamos	73.940
3.	Molly Shannon	Brown's	73.340
4.	Hillary Anderson	New England	74.960
5.	Jennifer Mercer	Parkettes	74.040
6.	Dominique Dawes	Hill's Angels	74.900
7.	Christine Torry	Parkettes	74.680
8.	Stephanie Woods	Capital	74.640
9.	Larissa Paquette	Am. Academy	74.436
10.	Marna Neubauer	Great Am. Gym	74.316

##### VAULT

1.	Elisabeth Crandall	Desert Devils	19.150
2.	Stephanie Woods	Capital	19.125
3.	Christine Torry	Parkettes	19.050

##### BARS

1.	Elisabeth Crandall	Desert Devils	19.475
2.	Molly Shannon	Brown's	19.400
3.	Jennifer Mercer	Parkettes	19.325

##### BEAM

1.	Shannon Miller	Dynamos	19.825
2.	Elisabeth Crandall	Desert Devils	19.875
2.	Christine Torry	Parkettes	19.875

##### FLOOR

1.	Shannon Miller	Dynamos	19.375
2.	Dominique Dawes	Hill's Angels	19.125
3.	Elisabeth Crandall	Desert Devils	18.925
3.	Stephanie Woods	Capital	18.925
5.	Jana McQueen	Parkettes	18.925

#### JUNIORS

##### ALL-AROUND

1.	Kerri Strug	J.C. Gym	73.325
2.	Kristin McDermott	Parkettes	74.425
3.	Amanda Borden	Cincinnati	73.875
4.	Samantha Mahlerman	Brown's	73.830
5.	Sarah Bakogach	Parkettes	73.475
6.	Amy Chase	West Valley	73.325
7.	Cari Leppard	CATS	73.175
8.	Kristin Duff	Karona	73.150
9.	Lisa Viscapiano	Desert Devils	72.580
10.	Tiffany Simpson	Desert Devils	71.975

##### VAULT

1.	Kerri Strug	J.C. Gym	18.850
2.	Amanda Borden	Cincinnati	18.825
3.	Kristin Duff	Karona	18.775

##### BARS

1.	Kerri Strug	J.C. Gym	19.050
2.	Kristin Duff	Karona	18.950
3.	Kristin McDermott	Parkettes	18.775
3.	Samantha Mahlerman	Brown's	18.775

##### BEAM

1.	Amanda Borden	Cincinnati	18.700
2.	Kristin McDermott	Parkettes	18.600
3.	Cari Leppard	CATS	18.575

##### FLOOR

1.	Kerri Strug	J.C. Gym	19.125
2.	Kristin McDermott	Parkettes	18.900
3.	Sarah Bakogach	Parkettes	18.425

## CUP OF HUNGARY

By Elaine Thompson

The Investor-Inter/Ag Cup of Hungary was held on September 13-14. The U.S. delegation consisted of gymnast Larissa Fontaine, her coach from American Academy of Gymnastics in Illinois, Leonard Isaacs, and the judge and delegation leader Elaine Thompson.



Larissa Fontaine

The all-around competition included 29 gymnasts from 14 countries. Hungary's Krisztina Molnar won the all-around gold medal with a score of 38.625. Molnar was followed by 11-year-old Ekaterina Filizanova from the Soviet Union. Filizanova scored 38.250. Lori Strong from Canada earned the bronze medal, scoring 38.075.

Fontaine, 12, had three strong events, vault (9.725), bars (9.55), and floor (9.60). Due to a wrinkle and a fall on beam, Fontaine scored a 9.00 on that event and settled for sixth place in the all-around.

## SOLIDARITY GAMES

Two U.S. rhythmic gymnasts, Kristi Alt and Jennifer Leach, along with their delegation leader and judge, Andrea Schimidt, ventured to Gdansk, Poland for the first Solidarity Games competition. Five countries participated including Germany, Finland, Poland, Soviet Union and the United States.

The event consisted of only all-around competition and Poland's Joanna Rodak earned the gold medal with a score of 38.60. Her teammate,

Hungary's Andrea Molnar finished first on vault with a 9.787. Fontaine earned a 9.000 on her Yurchenko layout and piked Tsuduhara for sixth place.

Canada's Lori Strong earned first on bars with a 9.725 followed closely by Fontaine with a 9.70.

Fontaine's aggressive bar routine included a giant up between the bars to a bail shoot half turn to handstand on low bar, giant full pirouette and a flyaway full-in, back-out dismount.

Kristina Molnar from Hungary earned top honors on beam with a 9.75 and, also from Hungary, Bernadett Balazs won gold on floor with a 9.70. Fontaine tied for sixth on floor with a 9.30.

Fontaine's strong floor routine included a brown through to a tuck double back, whip to tuck double back and ended with a tuck double back. Unfortunately, she went out of bounds Switzerland scored a 9.20.



Magda Liss and Jennifer Leach meet with Lech Wolens, the leader of the Poland Solidarity movement.

Natalia Seymchukowicz took the silver medal with 37.60. Placing third and fourth all-around were the two gymnasts from the Soviet Union, Elena Seleziova and Eugenia Pavlova. These two outstanding gymnasts scored 37.05 and 37.00,

respectively. Alt, who trains at Alt's Stars in Princeton, N.J., placed fifth with a score of 36.80 while Leach, who trains at the United Gymnastics Academy in Orange Park, Fla. took sixth all-around with a score of 36.65.

## LEVEL 9 EASTERN AND WESTERN CHAMPIONSHIPS

In the Junior Division of the Level 9 Western Championships, Region 4 won the team championship title. In the all-around, Region 4's Sarah Cain earned first with a score of 36.725 followed by Region 2's Kacia Perez with 36.50 and Region 1's Stephanie Liss with 36.40.

Region 1 was victorious in the Senior Division of the Level 9 Western Championships. Jenn Elze and Denise Stott, both from Region 1, placed first and second all-around with scores of 37.275 and 36.775, respectively. Third all-around went to Region 4's Tawna Rathe with a 36.30.

At the Level 9 Eastern Championships, Region 8 won both the Junior and Senior Divisions in the team competition. In the Junior Division all-around, Jenny Policansa earned first with a 36.50 followed by Beth Komeran with 36.45 and Renee Barnett with 36.20. Policansa and Barnett are from Region 8 and Komeran is from Region 7.

In the Senior Division all-around, Region 8's Chastity Junkin placed first with a 36.35. Region 7's Julie Barrack earned second with 36.20 and Region 3's Nicole Simpson took third with 36.05.

# PUERTO RICAN CUP

By Lois C. Cason

**M**olly Shawen and Denise Ferro combined their skills to capture the team title at the 4th Puerto Rican Cup, held in San Juan, Puerto Rico. These 14-year-old U.S. dynamos also brought home all of the gold medals in the competition as well as a silver and two bronze.

Shawen, of Altamonte Springs, Fla., earned the all-around title with a score of 38.45, followed closely by Ferro, from Clowns, Calif., with a 37.975.

In the men's competition, Mike Muscarel, 19, of Penn State University, took the all-around title with a score of 54.30 over Pedro Tort of Puerto Rico. The team title was won by Puerto Rico with a 105.70.

During the event finals competition, the U.S. once again had a strong showing. Ferro, who is coached by former Olympian Beth Kline Rybacki, took first place in vaulting (9.625), balance beam (9.60) and floor exercise (9.60) and second on bars (9.675). Shawen, who is coached by Kevin Brown of Brown's Gymnastics, took first on bars (9.70) as well as third in vaulting (9.60) and tied for third on beam (9.10).

In the men's event finals, Mike Muscarel, who is coached by Randy Jepson of Penn State, took the gold medals in the four events in which he was entered—parallel bars with Tort of Puerto Rico with 9.15, rings

(9.40), pommel horse (8.10), and high bar (8.25). The other two gold medals were captured by Puerto Rico's Hector Tanco (9.50 on floor) and Pedro Rosado (9.325 on vault).

The U.S. delegation also included coaches Kevin Brown, Beth Kline Rybacki and Randy Jepson; judge Mike Finnerty and judge and delegation leader Lois Cason.

## GERMAN REUNIFICATION COMPETITION

By Abbie Grossfeld

**T**he Kunstturn-Masters '90 German Reunification competition combined the teams from East and West Germany, the first combined team since the 1964 Olympic Games, plus the U.S. and the USSR.

The U.S. delegation included gymnasts Travis Dumas, Scott Krawick, Bill Roth, Tom Schliesinger, Chelney Umphrey, Chris Waller and Mark Warburton. The coaches were Art Sturlock, Francis Allen and Yefim Burman. Debbie Van Horn was the trainer, Becky Ritz the interpreter and Abbie Grossfeld the judge and delegation leader.

Before the competition the atmosphere seemed to be that of separatism between the two Germany's—three gymnasts from the East and three from the West participated. The East Germans and the West Germans worked out separately before the competition and U.S. Ob-

the West German coach, said, "It took 40 years to break down the wall, it will take a few hours more to be one team."

The Soviets won with 288.95 points; 3.5 points behind was Germany with 289.65. The U.S. was exactly three points behind the Germans with 286.65 points. The Soviets took the top three all-around places. First was Alexander Kolbasov with 58.25, second Sergei Kharkov with 57.90 and third Dimitri Bogdanov with 57.60. Germany's Ralf Buchner took fourth with 57.55, Jens Millbach in fifth with 57.25 and Andreas Wecker in sixth with 57.15. The top U.S. gymnast was Bill Roth in tenth with 56.45.

The post meet banquet was at the Olympic Hall and with the subsiding of competition tensions, all seemed friendly, although the unification concerns were the focus of the ensuing conversations.



Denise Ferro and Molly Shawen with first place team trophy from 4th Puerto Rican Cup.

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# THE SOVIET SECRETS TO SUCCESS

By ROBERT COWAN

**V**LADIMIR ARTEMOV, THE 1987 WORLD AND 1988 OLYMPIC CHAMPION FROM THE SOVIET UNION, IS SPENDING SOME TIME IN THE U.S. TO HELP WITH OUR MEN'S GYMNASTICS PROGRAM. DURING A RECENT INTERVIEW WITH ARTEMOV, HE UNVEILED A FEW OF THE SOVIET'S SECRETS TO SUCCESS.

**Q:** Does the Soviet National Team work with a sport psychologist?

**A:** No. They don't have one.

**Q:** Does the Soviet National Team do strength training?

**A:** Each day everyone works individually on strength according to a specific plan. We do exercises specific to gymnastics. We spend a specific amount of time on each apparatus doing strength training. We also train with weight belts, not machines—that would be easy. We train every day, two times per day.

**Q:** Is it possible for gymnasts in the U.S. to learn this training?

**A:** Each coach has his own exercises. For example, on bars you go to a handstand and then do many repetitions and then go to the next apparatus. You do combinations as well, like scissors on pommel horse. There are about 30-35 exercises all together.

**Q:** Did you train pommel horse on the floor?

**A:** No. It's a problem for the hands and wrists. We use the pommel horse without pommals.

**Q:** Do you do anything special with young gymnasts to prevent injuries?

**A:** You have to just start with the basics and develop correctly. You have to be very disciplined. If you learn everything properly in the beginning you can learn more difficult elements easily. You must go very slowly. After mastering the basics you can speed things up.

**Q:** Is the Soviet National Team given a monthly payment? Are they on a stipend?

**A:** Now it is official. As sportsmen, they receive money now in a structure. All the high level athletes are given money as instructors of future athletes.

**Q:** When the Soviet Team goes to a major competition is there a team meeting to psych them up and stress team goals?

**A:** They do all this at home. They go through everything at home before going to the competition. At the competition there may be a few changes.



Patrick Kirksey and Vladimir Artemov exchange ideas before a competition

**Q:** Before a major event does the team assemble to train together?

**A:** The team is always together at least once per month.

**Q:** What is the maximum number of days together per month?

**A:** Right now it is a 10-24 days in a month. I like 18 days in a month and not anymore, then you get some time to rest and prepare. You get a chance to think

**Q:** In the U.S., we are impressed with how the Soviets land dismounts. Is there specific training for sticking dismounts?

**A:** That is from usual training. They just do it on each apparatus. Whether the dismount is hard or easy they practice landing.

**Q:** What are the living facilities like at the training center?

**A:** It's bad! There are three kids to a room and

everyone goes to one room to eat, use the phone or watch television. Swimming and gymnastics are close together. There's also a sauna.

**Q:** At what age do male gymnasts start training in the Soviet Union?

**A:** Age 6 or 7. At age 6 you are just doing games, but you are still learning to be prepared.

**Q:** You have been to the U.S. 14 times. Are training experiences similar in the U.S. and Soviet Union?

**A:** I like to train in the U.S. because there is music. Music or noise is good.

This is an excerpt from the interview with Vladimir Artemov and Robert Cowan. If coaches are interested in obtaining the interview in its entirety, write to: United States Gymnastics Federation, Men's Program Administrator, Pan American Plaza, 301 S. Capitol Ave., Ste. 300, Indpls., IN 46225.



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# WALLER

# CHRIS

# 2

# INVINCIBLE

Last year the UCLA gymnast was the 12th man on a 12-man team. Chris Waller was just a face among the many trying to make a name for himself. Today he is the No. 2 ranked gymnast in the country and a name to look for in the future.

This 22-year-old established himself at the 1990 Goodwill Games where he was a driving force behind the U.S. men's most recent and biggest finish since the 1984 Olympic Games. His two bronze medals from that competition—rings and pommel horse—added to his growing resume, but it was his two "tit" routines in a "must hit" situation that etched his name among the up-and-coming gymnasts.

By now everyone knows the events leading up to the stunning second place fin-



Chris Waller no longer holds back on high bar—he goes all out.

ish at the Goodwill Games. They know it was Chris Waller that lit in the final rotations to hold off the Chinese and lead the U.S. to their first team medal in a major competition besides

BY PATTI AUER

the 1987 Pan American Games) since the 1984 Olympic Games.

"That meet was very encouraging for me," said Waller. "I felt I could compete with most athletes. We put in a good performance as a team and to see the flag raised was the best feeling."

It was only his third international competition and his first time competing on a podium. What a change from last year when he finished 12th at the U.S. Championships, barely making the U.S. National team.

The difference?

"Concentration, or lack of it," explains Chris. He says he has gone from the restrained, calculating gymnast to one that holds nothing back. The change in attitude and attack has escalated his rise to the top.

UCLA Coach Art Shur-

lock agrees. "Chris all along had the capacity and ability to be one of the top gymnasts in the country. Chris tended to get conservative. I think he went into Nationals and the Goodwill Games with more of an aggressive attitude."

The first and most important step in the change, says Shurlock, was at the China Cup. There Chris won the bronze medal on the high bar.

"He realized that if he hit his routines he could be as



good as any gymnast in the world. That really got him mentally ready."

"We've been working on getting me to compete in an all-out manner," Chris added. "I was always concerned about missing instead of trying to do the best routine possible. Now I believe I can do it, and this translates into the way I compete."

He displayed this new approach to gymnastics at the U.S. Championships in Denver, Colo. It was suc-

cessful as Chris finished second in the all-around, earned bronze medals on both the high bar and pommel horse and established himself as a U.S. gymnast to watch in the future.

The fact that he is able to compete, let alone at such a high caliber, is remarkable. During Chris' sophomore year at John Hershey High School, located just outside of Chicago, Ill., it was discovered, in a routine physical, that he suffered from a congenital heart de-

fect, a constricted aorta. Competing despite the illness, Chris won the Illinois High School state all-around title '86 and 1984 Olympic Gold Medalist Bart Conner are the only two to win as sophomores in Illinois.) But following the competitive season he underwent surgery in which doctors implanted a new aorta made from Teflon.

Four and-a-half months later he returned to the gym. Two years later he earned a scholarship to UCLA and

entered the NCAA ranks. He became UCLA's top scorer for three years; won the national title on the pommel horse in 1989 and won the high bar in 1990.

Waller will earn a history degree in June of 1991. Now, with his eligibility completed at UCLA, Chris will continue to train under the guidance of Sharlock and Yefim Furman, and concentrate on his number one priority—the 1991 World Championships.

# 1990 WORLD Cup

BY PAT PANICHAS

**T**he eighth World Cup gymnastics competition for men and women was held in Brussels, Belgium on October 25-28. This prestigious competition saw the top 19 women and 20 men from 14 countries vie for the all-around title. The U.S. was well represented by Brandy Johnson of Brown's Gymnastics in Florida, Sandy Woodley of Desert Devils in Arizona and Liane Ratgold of Gold Cup in New Mexico. The World Cup was a meet of firsts. It was the first major competition, in over 40 years, to have athletes representing a united Germany and to have the women's competition judged without the use of chair judges.

The women's competition was very close but the all-around title was awarded to the Soviet Union's Tatiana Lisienko with a score of 39.599. Lisienko was the most solid performer of the competition and her unique diffi-

culty Arabian double salto on floor and front flyaway double front with a half twist on vault were worthy of a World Cup champion.

Teammate, and 1989 World Champion, Svetlana Boguinskaya, had some problems on bars and had to

**Tatiana Lisienko**



settle for the silver medal with a score of 39.586. Her overhoot and releases were close to the bar and she landed her double pike flyaway dismount short, causing her to take a giant step.

The bronze medal went to Hungary's crowd pleaser, Henrietta Onodi, with 39.574.

Rounding out the top six were Yang Bo from China with 39.525, Brandy Johnson, who turned in fine performances to score 39.35 and Cristina Flores from Romania with 39.337.

Johnson said, "I am pleased with my fifth place finish because it's exactly where I want to be right now. I was tenth in Seoul, seventh at the '89 World Championships and fifth here. I'm moving in the right direction."

There were no double winners for the women during the event finals. Onodi captured the vault title with a 9.907, Eva Rueda of Spain earned second with 9.918 and

Boguinskaya took third with 9.912.

The all-around winner, Lisienko, hit a nice bar routine to score 9.937 and win the event. Romania's Mihaela Paco was second with a 9.912 followed by Onodi's 9.901. Johnson placed sixth on the event with a score of 9.862.

The two gymnasts from China, Yang Bo and Li Li, were gorgeous on beam and deservedly took the first two spots with scores of 9.95 and 9.925. Both gymnasts work on high ice and impeccable form and technique. Bo even has a skill on beam named after her—she jumps from two feet to over a 180 degree split and arches way back.

Presenting a new floor routine in this competition, Boguinskaya scored 9.862 for the gold medal. Onodi, who stuck each of her four tumbling passes, was second





with 9.837 and the powerful Lisenko was a close third with 9.807.

Johnson qualified into three event finals. On bars she earned sixth, beam she placed seventh and floor she took eighth. Both Johnson and Woolsey were alternates on vault.

In the men's competition, it was an exciting race to the finish between the two gymnasts from the Soviet Union, Valeri Belenky and Vitaly Scherbo. Scherbo is the reigning Goodwill Games champion and Belenky is the reigning McDonald's Challenge USA-USSR champion. It is clear that these two gymnasts are quite competitive with one another and are neck-to-neck in most competitions. However, Belenky took the gold at this competition with a score of 9.850, and Scherbo earned the

silver with 9.825. The bronze medal went to Li Jing from China with a 9.855.

Lance Ringwald from the U.S. finished in 15th place.

#### Valeri Belenky



Lance started on pommel horse and all judges had a 9.30, however, his score was lowered by the head judge to an 8.95. Distracted by his low score on pommel horse, Lance came in low on his whop to cross on rings and didn't hold for two seconds, thereby knocking him out of the running.

Ringwald performed well on vault, parallel bars, high bar and floor exercise. He tied for eighth on high bar but the tie was broken by the highest all-around therefore, he did not make the final round of competition.

During the event finals competition, Scherbo won floor with the highest score of the competition, 9.912. Belenky scored 9.767 for the silver and Chechik received the bronze medal with 9.762.

The top three spots on pommel horse were taken by

Brandy Johnson is on the comeback trail, placing fifth all-around.

Jing with 9.85, Belenky with 9.837 and Woolsey with 9.787.

Belenky, Jing and Scherbo were the top three on rings scoring 9.857, 9.837 and 9.80, respectively.

Scherbo captured his second gold of the day on vault with a 9.85 followed by Nishikawa, 9.774, and Belenky with a 9.743.

Belenky earned two more gold medals on parallel bars and high bar with scores of 9.862 and 9.837, respectively.

#### MEN'S ALL-AROUND

1. Valeri Belenky	URS	98.600
2. Vitaly Scherbo	URS	98.625
3. Li Jing	CHN	97.950
4. D. Nishikawa	JPN	97.675
5. Yan Chechik	ITA	97.625
6. Andreas Wecker	LFA	97.725
7. A. Rodriguez	ESP	97.400
8. Mircea Cioba	ROM	97.650
9. Neil Thomas	GBR	96.875
10. Curtis Hübner	CAN	96.800
11. Mike Beckmann	LFA	96.775
12. Leping Huang	CHN	96.650
13. Johan Jonsson	SWE	96.625
14. Nikolai Pirogov	BUL	96.375
15. Lance Ringwald	USA	96.350
16. R. Mizushima	JPN	95.850
17. Jean-Claude Legros	FRA	95.400
18. Felix Agapkin	UKR	95.200
19. Mario Thy	GER	92.400

#### WOMEN'S ALL-AROUND

1. Tatiana Lisenko	URS	39.599
2. S. Bogomolova	URS	39.566
3. Henrietta Orosi	HUN	39.074
4. Jing Bo	CHN	39.023
5. Brandy Johnson	USA	39.050
6. Christine Spies	ROM	39.357
7. Mirka Penco	ROM	39.267
8. Alicia Fernandez	ESP	39.012
9. Eva Korda	ESP	38.824
10. Li Li	CHN	38.756
11. Mirna Horvatic	JPN	38.474
12. Kirine Marat	FRA	38.374
13. Maja Frisovic	BUL	38.363
14. Mari Kossugi	JPN	38.343
15. Sandy Woolsey	USA	38.026
16. Leah Horvath	CAN	37.724
17. Ake Schoenibler	LFA	37.662
18. Stephanie Monon	GER	36.962
19. S. Lambour	GER	36.912

# QUEEN YANKEE

BY CAROLYN BOWERS

**S**hannon Miller impressed not only the Italian Federation but all the other delegations when she won the Women's Tournament in Catania, Italy. The 13-year-old, 66-pound dynamo, coached by Steve Nunn at Dynamo Gymnastics in Oklahoma, won the all-around competition and three individual event finals. Shannon was dubbed the "Queen Yankee" by those at the competition and was awarded by autograph seekers.

In its 12th year as a major international invitational competition, the Catania is nationally televised in Italy and is very well sponsored. Many of the past winners have gone on to become top competitors in the world such as Agache, Szabo, Dobro, Popa and Berias of Romania, Onadi of Hungary, and Yang Bo and Wenrong Zhang of China. The best finish of an American gymnast was that of Melissa Marlowe—second all-around and first on bars in 1985.

The U.S. gymnasts,



Shannon Miller proved she's a top world contender by winning the all-around at the 1990 Catania Competition.

Miller and Agnia Simpkina, certainly were a hit. Many questions were being asked—"Who are they?" "How old are they?" and "How many international competitions have they been in?" But the real question was, "Can they perform well in the competition?"

That answer was a resounding YES! Miller scored 38.90 in the all-around followed by Lu Wu of China with 38.80 and Maria Neculita of Romania with 38.40. Simpkina, from Illinois Gymnastics Institute and coached by Todd Gardiner, finished 12th with 37.475.

Six gymnasts with one per country were allowed into finals. On vault, Miller used her Yurchenko layout full twist and her new vault, front handspring front, and won the event with an average of 9.650. Hungary's Bernadette Balazs was second with 9.625 and Romania's Maria Neculita was third with 9.515.

The uneven pommel horse event was won by Xia Zheng from China with 9.875. Zhang also won bars at the 1990 Goodwill Games. Miller was second with a score of 9.80. Difficulty in her routine included cast to handstand half, giant full into Delichev and a double back with a full twist dismount. Third went to Italy's Valentina Rubinieta.

Miller and Simpkina took first and second on beam during the all-around competition, but due to the one-gymnast-per-country finals rule, Simpkina was not allowed to compete. However, both U.S. gymnasts' routines had more difficulty than the other competitors.

The pressure was on Miller to hit as she competed fifth in the line-up.

*continued on page 28*



# SHANNON MILLER

**Birthday:** 3/10/77

**Age:** 13

**Height:** 4'3"

**Weight:** 66 lbs

**Hometown:**

Edmond, Oklahoma

**School:**

Summit Middle School

**Grade:** 8th

**Coach:** Steve Nunno

**Club:** Dynamo Gymnastics

**Years in Gymnastics:** 8

**Favorite Event:** Beam

**Hobbies:**

Roller skating, reading

**Favorite Gymnast:**

Nadia Comaneci

**Fact of Interest:**

Shannon is a straight A student!

**1990 International Competitions:**

1990 Canada Cup—1st-AA & V & B & FX, 2nd-UB

1990 McDonald's Challenge USA-USSR—6th-AA

1990 The Pyramid Challenge USA vs. GDR—7th-AA

1990 Canadian Cup 9th-AA

1990 McDonald's American Cup 6th-AA

**1990 National Competitions:**

1990 American Classic—2nd-AA, 1st B & FX

1990 U.S. National Championships—8th-AA, 5th-FX, 6th-B



Agina Simpkina placed second on beam in the all-around competition.

Her mount, press to reverse planche, was coast. She then combined a swing down back roll to flip flop, layout step out. Miller did a solid aerial walkover to the end of

the beam. She also did a switch leg leap into a flip flop with quarter turn to handstand and finished with a full-in, back-out dismount. Miller received a

9.775 for the gold medal.

All of the floor exercises were well done. Lu Wu of China received a 9.725 using all double back tumbling combinations. Florentina Comaneci of Romania scored a 9.80 with pike double back, whip to double back and tuck double back. Miller competed last and again found the competitive strength for an excellent routine including full-in double back, whip to pike double back and pike double back dismount. Her score of 9.850 earned her another gold medal.

The all-around was awarded by the Canadian Fair Score sponsor who gave the first three all-around winners their trophies, medals, and prizes—a fair craft!

The only problem the U.S. delegation encountered on their trip to Italy was getting on the plane for the trip home with seven two-foot trophies on marble bases as well as the guitar given to Steve Nunno because he is of Italian descent. With some discussion and much running around to get on the plane, the U.S. delegation arrived safely at home with all their treasures.

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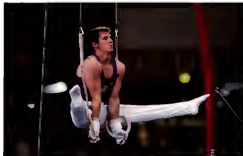
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# WINTER NATIONALS

BY ROBERT COWAN



Patrick Kirksey—Winter Nationals Champion

**T**he fourth annual Winter National Competition was held November 30-December 1 at the U.S. Olympic Training Center.

The compulsory competition counted 60 percent and the optionals counted 40 percent of the total score. Patrick Kirksey won the all-around competition, thus earning the

title of Winter Nationals Champion.

Kurt Thomas has been described as the comeback kid. But, Kurt was unable to compete in the meet, although his workouts were impressive. A severe ankle sprain on his first optional event at the Regional Qualifying meet caused him to withdraw from the optional portion of that competition.

In comparison with Winter Nationals scores, Thomas' compulsory score would have placed him in 12th, making him a contender for a spot on the national team. Thomas will again attempt to earn his way to the U.S. Championships at a May qualifying event.

In actuality the comeback kid was Dominick

Minicucci who has moved gyms for the third time since being an Olympian in 1988. A slimmer, more controlled and focused Dominick now trains with Fred Tureff at Temple. While still not eligible for NCAA competition, Dominick competes under the New York Athletic Club banner. Minicucci beat Kirksey in the optional round, but a weak compulsory floor routine by Dominick resulted in a close second place finish to Kirksey.

Rounding out the top three was the indomitable Tim Schlemmer who continues to maintain a very high level of performance and even with a "missed" exercise on compulsory horizontal bar, mustered a 9.25 on that event.

Other outstanding performers were Conrad Voorsanger, Kyle Asano and David St. Pierre. Bill Roth and Jeff Lutz missed routines which hurt them in their ranking. Both Roth and Lutz remain on the team, but expressed dissatisfaction with their performances.

National Team members Jarrod Hanks and Charely

Umphrey had to withdraw from the competition due to injury and illness, respectively.

The 13th spot proved to be lucky for Jim Knapp, who tied Kerry Huston for the last available spot on the senior national team. Five national team members were excused from Winter Nationals in order to compete in international events. These five athletes and the 14 gymnasts ranked at Winter Nationals, make up the 19 member senior national team. Two athletes, Mike Racanelli and John Roethlisberger (unranked), have been petitioned to the team due to injury and around out the field to 21.



Dominick Minicucci made a comeback, placing second all-around at Winter Nationals.

#### WINTER NATIONAL SCORES

Patrick Bakony	Nebraska	113.70
Dominick Minicucci	N.Y.C.	113.38
Tom Schlesinger	Nebraska	113.36
Conrad Voorsanger	Stanford	113.34
Kyle Asano	Stanford	113.34
David St. Pierre	UCLA	113.02
Jeff Lutz	Oklahoma	111.00
Bob Sklar	Nebraska	110.70
Bill Roth	Temple	110.34
Jason Brown	BYU	109.72
Mark McKernan	Minnesota	109.56
Jar Lynch	Stanford	108.20
Kerry Huston	Culham's	106.68
Jim Knapp	Ohio State	106.68

## ORIGINALITY INVITATIONAL

This event, created as a brain-child of Mas Watanabe, was the first ever held in the U.S. The gymnasts performed skills or combinations only and sponsors put up \$100 or \$200 for awards for non-NCAA gymnasts.

The following individuals sponsored events: Jeff Metzger of Queen City Gymnastics—Floor Exercise; Mike Donahue, the USGF President—Pommel Horse; Mike Jacobs of U.S. Glove—

Rings; Cory Scribner of Pegasus—Parallel Bars; Salie Weaver of Elite Sportswear, Ltd.—Horizontal Bar; and Tighe King of Alpha Factor—Best of Show.

Kerry Huston of Culham's in Houston, Texas, won Floor with a front handspring, boulder front handspring to double front, bars on.

Pommel Horse was won by Jar Lynch of Stanford who did traveling flairs with both hands outside the pommels.

Still Rings was won by Chris Sey of Stanford who needed a run-off to defeat Marshall Nelson, who ultimately won Best of Show. Chris' combination consisted of Gersoglio to triple back dismount.

Vault was won by Kyle Asano of Stanford Gym Club who did a handspring double front in layout position and stuck.

Parallel bars was also won by Lynch who did a giant swing to an eagle grip and then a protective out. The real merit was the excellent manner in which this original skill was performed.

Horizontal Bar was won by Conrad Voorsanger who did a skill named for him, a tuck on, front off, regrab and then attempted a Yeager out of it.

Best of Show went to 14-year-old Marshall Nelson who trains at the USCOC under Ron Bant. His combination on rings included a Yarnowski to a crossing of the rings and front spread to double front. Nelson's performance was one of the more dramatic and original combinations demonstrated.

The judges awarded four points for original skills with perfect execution, three points with errors, two points for rare skills with

## KERRY HUSTON NAMED AS FINALIST FOR DIAL AWARD

U.S. gymnast Kerry Huston was recently named as a finalist for the Dial Award, an honor given to the top high school scholar athlete in the nation.



Huston, 17, trains with Jim Culham at Culham's Gymnastics in Houston, Texas. He is one of the five selected from more than 100 entrants. The Klean High School senior is the youngest member of the U.S. senior national team, placing 13th at the 1990 Winter Nationals. He also won floor exercise in the Innovation Invitational.

He excels in gymnastics as well as track and diving. A member of the varsity diving team for three years, he held the record for the "toughest score of the month" in the nation among high school competitors. He set a school track record in the triple jump as well.

perfect execution, and one for skills with errors. All three scores were added together and one winner was determined.

This event will be conducted in conjunction with the next Winter Nationals, to be held February 7-8, 1992 at the U.S. Olympic Training Center.

# REVCO '90 TOUR

## OF CHAMPIONS

**A** new gymnastics show, "Revco '90 Tour of Champions," hit the road on November 2 and featured the athletes of the 1984 and 1988 Olympic Games as well as a few athletes universally pegged to be 1992 Olympians.

The cast of the show included, from 1984, James Hartung, Tim Daggett, Mitch Gaylord, Peter Vidmar and Mary Lou Retton. Appearing from the 1988 Olympic Team were Lance Ringold,

Phoebe Mills, Kelly Garrison, Chelle Stack and Rhythmic Gymnast Diane Simpson.

On hand to represent the younger generation were Trent Dumas, Kim Zmeskal and Betty Okina.

Audiences in Pittsburgh, Fairfax, Baltimore, Cleveland, Charleston and Norfolk were treated to a two-hour show which intro-

duced some new innovations such as combining live action and video, many popular athletes introducing their fellow gymnasts, live, and a stirring piece featuring Bela Karolyi.

Of course, one of the mainstays of gymnastics shows is gymnastics comic Paul Hunt, who wowed the crowd three times a night, performing his hilariously

funny beam, bar and floor exercise routines.

The Tour was a chance for athletes of three "generations" to get to know each other. Although life on the road is demanding with all the split-second travel arrangements, packing, unpacking, hotels, and arenas, ask any athlete on the Revco '90 Tour of Champions, and they'll probably say they would like to do it again. Soon!



Some of the stars of the tour included Kelly Garrison, Kim Zmeskal, Phoebe Mills, Mitch Gaylord, Mary Lou Retton, Lance Ringold, Chelle Stack, Betty Okina and Diane Simpson.

# MITCH GAYLORD

**O**lympic Gold Medalist Mitch Gaylord participated in the Revco '90 Tour of Champions and once again showed his style and talent.

Girls squealed with delight at seeing the larger-than-life video image of Gaylord projected to the soundtrack of the song, "Great Balls of Fire." And when at last the spotlights glomed upon the in-person Mitch, one of the U.S.'s most popular gymnastics stars had established a return to a warm, receptive environment he had given up some four years ago.



Mitch the actor at age 28.

How did he feel when he first walked out under those brilliant spotlights again, dressed in his 1984 Olympic gymnastics attire?

"Nervous," he told USA Gymnastics. "Totally nervous."

We asked Gaylord what has been keeping him busy since the 1984 Olympic Games and he said, "I did

some commercial work right after the Games for Diet Coke, Vidal Sassoon, Soloflex, Nike and others." Of course he also mentioned the movie "American Anthem," which took up most of 1986.

The acting bug got into Mitch's head when he did a small role in "Logan's Run." "I didn't really think seriously about becoming an actor, though, until American Anthem came up. Even then I didn't develop a passion for acting until I started serious study last year."

Since *American Anthem*, which has become one of the highest rented films following a theatrical release, Mitch has moved into marketing and currently works in that field with a company in Manhattan Beach, Calif. After work, Mitch changes into more casual attire and heads for his acting classes.

"Sometimes I take time out after work and have a quick workout over at the gym," he says. "But I try to never miss my acting classes. They are very important to me."

At age 28, Mitch has been an Olympic Gold medalist and holds four medals from the 1984 Summer Games, has done television commercials, a syndicated television show called "Vix'Club," and recently completed a motion picture for European release.

After all this, Mitch stills remains excited about GYMNASTICS.



# BETTY



# OKINO

## MAKING HER MOVE

**E**lizabeth Okino, better known as Betty, has made great strides in only a short time at the forefront.

With many years of dance background under her belt, she's graceful, elegant and powerful all in one. Betty's slender build, 5'1" and 84 lbs., makes her floor and beam routines a pleasure to watch.

Only a year ago, Betty Okino was a name with which many were not familiar. She did not qualify for the Junior National Team in 1989 but, in 1990, she skipped the junior division and placed second all-around in the senior division at the U.S. Championships—making her the No. 2 ranked gymnast in the country! This 15-year-old newcomer also won beam and, most importantly,

earned a spot on the 1990 Goodwill Games team.

Okino was the top finisher for the U.S. at the Goodwill Games and placed fourth all-around overall. In addition, she helped the U.S. team earn the silver medal.

USA Gymnastics talked with Betty about her Goodwill Games finish and her future goals.

**Q: Betty, I understand you have an interesting family history. give us a little background?**

**A:** I was born in Uganda, Africa, where I lived until I was a year old. My mom was from Romania so when I was a year old and my brother was three we went to Romania to visit my grandma. My father left for the U.S. on a scholarship

and the Romanian leader didn't let my mom stay in Romania so she went to the U.S. to look for a job and a home. They came back for me and my brother and we all moved to Minnesota.

**Q: How did you get involved with gymnastics?**

**A:** My brother and I started taking dance in LaSalle, IL when I was four. We competed in national competitions and were five-time champions. I also took jazz and tumbling lessons. Then I saw Mary Lou Retton at the 1984 Olympic Games and I wanted to do that, too.

**Q: Who was your first coach?**

**A:** Tony Causa and then my mother! She coached me while I was a Class III. When I was 11 years old I moved

to Illinois Gymnastics Institute and was coached by Todd Gardiner. Now I'm with Karolyi's Gymnastics and coached by Bela and Martha Karolyi.

**Q: How did you feel after placing fourth all-around at the Goodwill Games, which was your first major international competition?**

**A:** It was a pretty big boost. I had no idea how I was ranked. When I saw how high I went up there [in the rankings] it gave me a lot of confidence.

**Q: What's your next big goal in gymnastics?**

**A:** I want to win the 1993 U.S. National Championships and, at least, place in the top three at the 1993 World Championships. My ultimate goal is to compete in the 1992 Olympic Games.

BY L U A N P E S Z E K

**Q: What do you think of the World Championships being held right here in the U.S.?**

**A:** It's a big opportunity. We will have the home crowd, familiar equipment and we won't have to worry about the time zone adjustments. It will definitely be an advantage because when you're in another country no one knows you. When it's here in the U.S. everyone will know you and everyone will be cheering for you.

**Q: Who will be your biggest competition at the 1991 World Championships?**

**A:** My teammates from Karolyi's. Also the gymnasts from the Soviet Union. They are almost perfect.

**Q: Are you preparing now for the World Championships?**

**A:** Yes. I've increased the difficulty in my floor exercise routine and my bar routine. On floor I'm making my middle pass a series and on bars I'm changing my dismount to a double front salto. I'm also working on perfecting my routines and getting rid of any wobbles or bad landings. The Soviets never give up any tenths for bad landings and wobbles.

**Q: Are you on any special type of diet? What do you like to eat?**

**A:** I just watch what I eat. I try not to eat candy, sweets and other fattening things. My favorite foods are cheese pizza and ice cream, but I don't eat too much of either.

**Q: What psyches you up before a competition?**

**A:** Bela and the fans. When you are about to compete and you hear the fans yelling, it makes you want to do good for them.

**Q: What do you feel is**



Betty Okino can always count on her coach, Bela Karolyi, to be there for support and encouragement.

**your secret to success in gymnastics thus far?**

**A:** Hard work and a good family. My family has been behind me 100 percent and that helps a lot.

**Q: Tell me about your family?**

**A:** I have a brother who is 17 and a nationally-ranked tennis player. He's trying to go pro. I also have a sister who is 7 who is a tennis player. She wants to go pro, too. My brother doesn't get to see me do gymnastics much and I don't get to see him play tennis much because we're both really busy—plus he's in Illinois and I'm in Texas.

**Q: How often do you see your family and do they get to come to competitions?**

**A:** I live with my grandma. I see my mom about once

every six weeks and my dad, brother and sister on major holidays, at meets or in the summer. I miss my family very much. I talk to my mom about twice a day. We have a big phone bill.

**Q: How do you go to school and train at the same time?**

**A:** We workout from 7:30-11:00 in the morning, go to school from 11:30-2:30 and practice at night from 4:00-9:00. Kim (Zmeskal), Amy (Scherer) and Erica (Stokols) are in my class at school. We are the only kids in the class so the teacher can help us individually. Kim, Amy and I are in 10th grade and Erica's supposed to be in 9th but she skipped 9th so she could be in our class.

**Q: What do you like to do when you're not working out in the gym?**

**A:** I love to dance. I also like to listen to music and go shopping at the mall.

**Q: What do you want to do when you grow up?**

**A:** I want to go to college, University of Chicago, because that's where my brother might be going, and I want to be a therapist.

**Q: Why a therapist?**

**A:** Because I get therapy on something, everyday! I know just about everything about it already so I would like to go into that field.

**Q: And the question most would like to have answered . . . What's Bela really like?**

**A:** He gets mad and yells if something is not right, but when something is done right or you get a new trick he gets real excited and jumps up and down. Bela pushes you a lot. He cracks jokes a lot, too!

Thanks, Betty, for your time and good luck in the 1991 season!

## UPDATE

In the recent Arthur Gander Memorial competition, Betty Okino took second in the all-around, behind the Soviet Union's Natalia Lashchenova. Kim Zmeskal finished third. China's Wu Lei was fourth and Romania's Eugenia Popa and Maria Nechita took fifth and sixth.

In the next meet, the DTF Pokal competition, Okino again finished second—this time behind Hungary's Henrietta Csudi. Lashchenova placed third, Romania's Christina Bontas took fourth, Zmeskal earned fifth and the Soviet Union's Svetlana Boginskai ended in eighth place. Okino won bars, tied for first on beam with Lashchenova and finished third on floor.



## 1991 WORLD UNIVERSITY GAMES SELECTION PROCEDURES RHYTHMIC GYMNASTICS

**I. Eligibility:** To be considered for the World University Team, the athletes must:

- a. Have been born between the years 1974-1963
- b. Be actively pursuing a degree from a college/university or be a 1991 high school graduate with documentation that she has been accepted and enrolled in a university/college for the Fall of 1991.

**II. Selection:** The 1991 World University Rhythmic Gymnastics Team will be selected at the 1991 USGF Rhythmic National Championships to be held May 3-5, 1991 in Colorado Springs, Colorado

a. Athletes who meet the above eligibility requirements may qualify to the National Championships through one of eight Regional qualifying competitions with an all-around score of 42.00. (Five routines). This would be required for any athlete with aspirations of making the National Team.

b. Athletes who meet the above eligibility requirements but have no aspirations toward making the National Team, may participate in the 1991 National Championships for the purpose of World University Team Trials with a four routine program (rope, hoop, ball, clubs) if they are accepted via a petition by the Rhythmic Program Committee. Petitions will be approved when presented with results from the 1991 competitions showing a four event all-around score of 33.00 or better.

c. Petitions may be obtained from Nora Hitzel at the USGF Office.

d. Deadline for petition acceptance is March 15th and must include scores from at least two 1991 competitions.

e. The World University Team (number still to be determined) will be selected by rank order of those athletes who have indicated a desire to compete for the World University Team. The team will be selected by rank order using the all-around scores from the preliminary day of competition for four events (rope, hoop, ball, clubs).

f. Alternates will be named by rank order at a named team member must be replaced because of injury.

**III.** There will not be a mandatory training session prior to the Games.

**IV.** The above selection procedures were developed by the USGF Rhythmic Program Committee which has an elected athlete representative as a full time member.

## USGF SAFETY CERTIFICATION

The following safety certification courses are being offered:

**FRIDAY, FEBRUARY 1, 1991**

Boise, ID 8:00 a.m.-3:00 p.m.  
BSU, Human Performance  
Center Classroom  
(Bronco Gym), 1910 University Dr.  
Boise, ID 83725  
Course Dir.: Yvonne Sandness  
(208) 385-1657

**SATURDAY, AUGUST 3, 1991**

Stroudsburg, PA 10:00 a.m.-5:00 p.m.  
International Gymnastics Camp  
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Stroudsburg, PA 18360  
(717) 629-6284

For more information contact the  
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## EVENT SCHEDULE

### FEBRUARY

3-9	Jr. National Team Camp (M)	Colorado Springs, CO
13-18	Rhythmic Nat'l Challenge & Training Camp (R)	Colorado Springs, CO
22-23	McDonald's American Cup (M/W)	Orlando, FL
26	McDonald's Int'l Mixed Pairs (M/W)	Atlanta, GA

### MARCH

7-10	*Tbilisi (R)	Paris, France
15-17	U.S. Challenge (M/W)	Allentown, PA
22-24	Paris-Berry (M/W)	France
22-24	*Louvain la Neuve (R)	Brussels, Belgium
30-31	Moscow News (M/W)	Moscow

### APRIL

13-14	*McDonald's Challenge	TBA
5-7	International Championships of Hungary (M)	Budapest, Hungary
6	NCAA Regional Championships (M/W)	Various Sites
7	First Elite Regionals (W)	Various Sites
11-12	USGF Division II/III Collegiate Champs (M/W)	Davis, CA
13-14	*DTB Pokal (R)	Karlsruhe, Germany
13-14	2nd International Artistic Tournament (W)	Netherlands
19-20	NCAA's Championships (M)	Penn State U., PA
19-20	NCAA's Championships (W)	Tuscaloosa, AL
27	Second Elite Regionals (W)	Various Sites
27-28	J.O. Level 9 East/West Championships (W)	TBA

### MAY

3-5	J.O. National Championships (M)	Cal-State Fullerton
3-5	U.S. Rhythmic Championships (R)	Colorado Springs, CO
4-5	J.O. National Championships - (JR-W)	*Provo, Utah
10-11	Corbett-Bassens (R)	Paris, France
11	Cup of Champions (M/W)	Fairfax, VA
11-12	J.O. National Championships - (SR-W)	*Provo, Utah
11-12	Jr. European Championships (M/W)	Athens, Greece
18	U.S. Classic Nationals (W)	Huntington Beach, CA
18-19	Sr. Regionals (M)	Various Sites
*21-30	*Grand Prix Rome (M/W)	Rome, Italy
23-25	*Mariana Grigules (R)	Santiago, Cuba
29-Jun 1	Konica Grand Prix Australia (W/R)	Brisbane, Australia

### JUNE

7-9	U.S. Championships (M/W)	Cincinnati, OH
8	East/West JO Competition (R)	Various Sites
14-16	Int'l Worlds Best Club Competition (R)	Toronto, Canada
17-22	10-11 Age Group National (M)	Colorado Springs, CO
	Development Camp	
18-23	Moncada Cup (M/W)	Havana, Cuba
22-23	United States Olympic Cup (M/W)	TBA

\* Tentative (Dates & Events Subject to Change or Cancellation)

Prepared by: Allison McLanaghan, Director of Special Events

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# ANKLE STRENGTHENING EXERCISES

By Larry Nassar, ATC

**M**ost gymnasts believe that all they need to do in order to strengthen their ankles is toe rises — unfortunately, this is not true. Toe rises are only one of several exercises designed to strengthen the muscles which support one's ankles. These same muscles are the ones that hurt when you have "shin splints." Therefore, by doing the exercises listed below you may be able to prevent ankle injuries as well as "shin splints."

## 1. ANKLE TURN OUT (EVERSION) EXERCISE

This is the most important ankle strengthening exercise since it strengthens the muscles that prevent you from twisting your ankle inward. Begin by attaching a piece of rubber tubing around the front of your foot, just behind your toes. Attach the other end of the tubing to an immovable object (i.e. base of the bars or beam). While in a sitting position, begin with your foot turned in towards your opposite foot. Then, move your foot outward away from your opposite foot as far as it can go. Return back to the turned-in starting position. Do not allow the tension on the tubing to snap your foot back towards the turned-in position. You

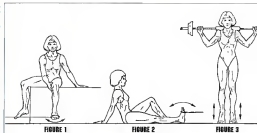


FIGURE 1

FIGURE 2

FIGURE 3

should return back to the turned-in position in a slow and controlled manner. The movement from turn-in to turn-out to turn-in completes one repetition of the exercise. Perform three sets of 15-20 reps with at least 30 seconds rest between sets. (see figure 1)

To make sure you do not cheat by using your hip muscles, place your hands on your knee to prevent your knee from swinging as you move your foot. Your ankle should be positioned directly below your knee. Your foot and ankle are the only parts of your leg that should be moving during the exercise.

## 2. ANKLE FLEXION EXERCISES

Attach the rubber tubing as described above. Sit on the floor with your knee straight (fully extended). Begin with your foot and ankle pointed then flex your ankle by moving your foot towards your knees. Return in a slow, controlled manner towards the pointed position. The movement from point to flex to point completes one rep of the exercise. Perform three sets of 15-20 reps with at least 30 seconds rest between sets. (see figure 2)

## 3. TOE RISES

There are many ways to do toe rises but the best way is to gradually add resistance. If a weight

machine is available, either the shoulder press or bench press part of the machine may be adapted for this exercise. Free weights may also be used. In both cases, the weight should be applied over the shoulders. Note: the weight bar may need to be padded to protect the shoulders. (see figure 3)

Another way to perform toe rises is with manual resistance. Have a friend assist you in this exercise. Position yourself in a pike position and rest your hands on a stack of mats or a low beam. Your friend then assists you while you perform the toe rises (see figure 4b). You should not do this exercise if it causes pain in your back.

Rubber tubing may also

# SPORTS FITNESS

be used for this exercise. Attach one end of a rubber tubing to your foot. You hold onto the other end of the tubing. Sit on the ground with your knee straight (fully extended). Begin with your foot flexed then point your foot. Return in a slow controlled manner to the flexed

- foot, given over a range of numbers. The purpose of this range is to allow you to follow the progression of strength in your muscles.
- You begin by finding a tension on the rubber tubing that will only allow you to perform three sets of the lower number of reps (ie. 15). Continue to use



FIGURE 4

FIGURE 5

See text for descriptions.

position to complete one rep. (see Figure 5)

Frequently gymnasts perform as many as 100 toe rises per set when weight or rubber tubing is not used. Only three sets of 25-35 reps need to be performed if resistance is added.

## 4. BALANCING EXERCISES

It is very important to be able to balance on one leg with your eyes closed for one minute. Please see the article on balancing printed in the March/April '90 issue of USA Gymnastics.

## GUIDELINES

1. For each exercise the number of reps per set has

- that some tension until three sets of the higher number of reps can be performed (ie. 20). Then, increase the tension and return to the lower number of reps. Therefore, over a period of time you gradually increase the resistance (tension) as your muscles become stronger.
- 2. These exercises should be performed every other day.
- 3. These exercises should not cause pain in your ankle or in an injured ankle. If pain is present, decrease the number of reps, decrease the tension, or stop doing the exercise.
- 4. Please seek the advice of your coach before doing these exercises. Proper supervision is necessary.

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### TIGHE KING ELECTED PRESIDENT OF USGSA

**A**t the September General Membership Meeting held in New Orleans at the USGF Congress, members were elected to the United States Gymnastics Suppliers Association.



Larry A. (Tighe) King, Jr. was elected President of the 31 member Association. Mr. King is President/CEO of Tighe Industries, Inc., parent company of Alpha

Factor. Mr. King will lead the USGSA for the next two years. Other officers elected were Vice President, Bob Mancino of Mancino Manufacturing Co.; Secretary, Linda Schriener of Pegasus Gymnastics Equipment, Inc.; Treasurer, Sandra Gensung of Gensung/Gerry-Thing Inc.; and Board of Directors, Troy Robinson of GSC Sports, Ken Cysowski of AAI and John Salvo of Sports Anderson.

The USGSA was established in 1986 to help plan and organize, through a cooperative effort with the USGF, the exhibit area of the annual USGF Congress, to facilitate two-way communications with the USGF and member firms, and provide support for continued growth of gymnastics in the U.S.

A special presentation was made to retiring president, Gary Gibson of Gibson, Inc. Mr. Gibson was cited for outstanding leadership in establishing the USGSA and fostering its growth during his four year tenure.



Jason Gibson from All American Gymnastics in Mesa, AZ.

### USGF REGIONAL TESTING

**T**he annual USGF Regional Testing for 10-11 year old boys took place recently and 68 boys participated. The purpose of the testing is to identify talented gymnasts early and to ensure that each boy is executing skills correctly—just another step in the men's program to make the U.S. team stronger at international events.

Robert Cowan, men's program administrator at the USGF, said, "I believe we are experiencing a deepening of talent in the testing. The scores are moving closer together and when you look at the number of athletes which are separated by a margin of less than a tenth, this is even more apparent."

#### TOP 25 BOYS AND THEIR RANKING

1.	Jason Gibson	Region I	63.43
2.	Isaac Fralin	Region III	59.97
3.	Jason Beasorrich	Region IV	59.61
4.	Yewlia Tomita	Region I	59.59
5.	John Brower	Region I	59.16
6.	Freddie Umah	Region I	59.05
7.	Morgan Bosque	Region III	58.94
8.	Levi Turkelson	Region III	58.81
9.	Ryan Roberts	Region IX	58.72
10.	Sean Townsend	Region III	58.13
11.	James Havens	Region IV	57.60
12.	J.G. Kitchin	Region III	57.49
13.	Will Johnson	Region VIII	57.12
14.	Mike Alexander	Region IX	56.89
15.	Janice Natalie	Region VII	56.20
16.	Jon Carroll	Region VIII	55.72
17.	Brian Knepper	Region V	55.58
18.	Troy Pascopan	Region VII	55.50
19.	Lance Sykes	Region IX	54.88
20.	Jon White	Region IX	54.62
21.	Danny Withers	Region I	54.59
22.	Scott Veters	Region VII	53.90
23.	Ginge Storer	Region VI	53.14
24.	Troy Smith	Region IV	53.04
25.	Jeff Kelly	Region IV	52.80

### USECA AWARDS

Each year the United States Elite Coaches Association for Women's Gymnastics award individuals for their contributions to gymnastics. The 1990 award winners were:

Coch of the Year	Todd Gardiner
Choreographer of the Year	Ginny Wilmerding
"Rookie" of the Year	Bob Peterson
Judge of the Year	Linda Beran and Judy Dobransky
Contributor of the Year	Muriel Grossfeld

**CONGRATULATIONS!**

# GYMNASTICS UPDATE

## RON BRANT

U.S. Olympic  
Training Center

**R**on Brant is the men's gymnastics coach and administrator at the U.S. Olympic Training Center in Colorado Springs, Colo.

"I do a little bit of everything," said Brant. "From running competitions to conducting workshops to implementing educational opportunities and coaching, which is my priority."

Brant is a former coach at Loveland Gymnastics Center in Loveland, Colo. He also worked with the University of Illinois for over two years. Now Brant oversees the gymnastics program at the Olympic

Training Center which presently has five permanent residents.

"Gymnasts come in for three to four months, usually in between their own programs," said Brant. "Our goal is to provide an atmosphere for gymnasts to come in, anywhere from a week to a year, and have an analysis done in order to help their gymnastics."

The Training Center has great facilities offering assistance in many areas such as a video tape analysis, nutrition, biomechanics, exercise physiology, sports psychology, weight

training and other departments to help the athlete.

The U.S. Olympic Training Center will help the overall gymnastics program. It is a valuable resource that will facilitate the exchange of information for those at the elite level. The program will help the clubs, USGF, and

NCAA work together.

In order to be eligible to train at the Olympic Training Center one must be at one of the following levels: Junior National Development Level, Junior National Team Level, Junior Elite Team Level, Senior Development Level or Senior Elite Team Level. If a gymnast is at one of these levels and would like to train at the U.S. Olympic Training Center, he should contact Robert Cowan, USGF men's program administrator.

Two projects currently in the works at the Training Center are: a four day workshop for elementary teachers to introduce gymnastics at the elementary level and the development of a master's program in coaching.



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# FACES IN THE GYM



**DENNIS HARRISON**  
*Omaha, Nebraska*

Dennis, 18, is a freshman at the University of Nebraska. In his first year on the U.S. Senior Elite Development Team, he earned the bronze medal on floor and vault at the '90 U.S. Olympic Festival. Dennis trains at Calvey's Gymnastics Training Center in Ralston when he's not at Nebraska.



**ANNE WOYNEROWSKI**  
*Mountain Lakes, New Jersey*

Anne, 13, trains at North Stars Gymnastics in Fairfield and is a first-year squad member of the U.S. Junior National Team. She tied for sixth all-around at the U.S. Championships and tied for the silver medal on vault and the bronze medal in the all-around at the '90 U.S. Olympic Festival.



**FRANCA ABBATIELLO**  
*San Pedro, California*

Franca, 14, tied for fourth all-around at the 1990 U.S. Rhythmic Championships and earned the silver medal at the 1990 National Re-Ranking meet. Franca trains at Coastline Classics in Redondo Beach and this is her third year on the Junior National Team.

Each issue of USA Gymnastics will feature several individuals who have excelled in gymnastics, either by competition, coaching, or some other way. If you, or someone that you know, has achieved an accomplishment in the sport of gymnastics, write two or three sentences about the person and include a recent photograph, quality black and white or color, showing only the candidate. (School or class photo would be perfect.)

Send to: USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Ste. 300, Indianapolis, IN 46225.

## DEADLINES

Jan./Feb. issue—Nov. 15  
Mar./April issue—Jan. 15  
May/June—Mar. 15  
July/August—May 15  
Sept./Oct. issue—Jul. 15  
Nov./Dec. issue—Sept. 15



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KIM ZMESKAL WINS

# WOMEN'S SPORTS FOUNDATION'S UP & COMING AWARD

APR 1990 (Page 52)



Standing only 4' 5" tall, Kim Zmeskal is one of Karolyi's biggest stars.

**K**im Zmeskal, the 1990 U.S. National Champion, was selected as a recipient of the Women's Sports Foundation's Up & Coming award in the artistic category. The award honors 10 female athletes who have distinguished themselves in a variety of sports and show the promise of becoming America's next world champions.

Zmeskal, 14, is from Houston, Texas, where she trains at Karolyi's Gymnastics. For such a young age, Kim has a long list of accomplishments. She has

scored four perfect 10's in her career thus far—on floor exercise at the 1990 Arthur Gander Memorial in Montreux, Switzerland, on vault and floor exercise at the 1990 U.S. Challenge in Las Vegas, Nev.; and on vault at the 1990 McDonald's Challenge USA-USSR in San Jose, Calif.

Kim was also chosen as the "1990 Athlete of the Year" by her national teammates. All this... and she's only been in the sport of gymnastics for eight years!

## TELEVISED GYMNASTICS EVENTS

In each issue of *USA Gymnastics*, we will update you on the air dates and times of gymnastics events which have been reported to us by the respective networks. These air dates, based on Eastern Standard Time, are subject to change by the network without notice. Consult your local Television guide for the exact date and time in your area.

EVENT	LOCATION	NETWORK	EVENT DATE	DATE	TIME (EST)
McDonald's American Cup (90/91)	Chester, R.	NBC	Feb. 20/21	Feb. 22 (Sat)	6:00-8:00 p.m.
McDonald's International World Team (90/91)	Atlanta, GA	ESPN	Feb. 28	Mar. 14	12:00-1:30 p.m.
NCAA Challenge (M)	University Park, PA	CB	April 18-20	April 21	1:00-2:30 p.m.
NCAA Challenge (W)	Texasville, AL	CB	April 18-20	April 22	1:00-2:30 p.m.
U.S. Challenge (90/91)	Costa Mesa, CA	NBC	(Sat 7)	Jan. 25 Jan. 26	1:00 p.m. 3:00 p.m.

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### SEEKING EMPLOYMENT

**Nikolai Mitigule from the Soviet Union** is looking for a coaching position in the U.S. He was a member of the Soviet team at the 1988 Olympic Games. He has been coaching for the last 20 years. He has worked with both men and women and can teach beginning or elite levels. If you are interested contact Vladimir Schwabman at 313-232-6974.

**Rebecca Underwood** is a Class 4 coach at Towlworth Gymnasium Club in Britain. I would like to spend a year in the states coaching gymnastics. If interested contact Towlworth Gymnasium Club, 156 Walsingham Gardens, Farnley, Surrey KT19 9NF. Attn: Andy Polanski.

**Yves Marinova** is seeking a position as a rhythmic coach, choreographer or translator. He from Sofia Bulgaria and speak English, French, Russian, German and any native language. Member of Bulgaria International 1982 team to World Championships in 1987, 1989 and 1991. Graduated high school, sports reporter for Bulgaria TV since 1979. Covered Olympic Games as part of job. For more information contact: Fred Farrell, Men's Connections Coach, Temple University, Philadelphia, PA 19122 (215) 987-7952.

**Leo and Maria Corneo** are ex-Romanian National coaches and choreographers. They are presently living in Heidelberg, Germany and coaching at American clubs gymnasiums. The Corneos are interested in working in the U.S. as coaches. Experience with Denise Simion, Aurelia Dolan, Ruxandra Sabau, etc. Contact Mr. and Mrs. Corneo, 10 Hawthornhill 37, 6900 Heidelberg, Federal Republic of Germany.

**Mr. Zhao Yan-Yu** is an Olympic level gymnastics coach from the People's Republic of China. He is in the U.S. as a guest lecturer/teacher at Wheaton College. He has a J-1 visa which can be extended beyond 1991. He is looking for employment in a high level gymnastics program in the U.S. He speaks good English and can coach boys or girls. Zhao Yan-Yu, c/o Tony Ladd, Wheaton College, 561 East Seminary Dr., Wheaton, IL 60187 (708) 260-3736.

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Openings for boys and girls coaches. Have three first level positions available. Must have previous experience working with both and be knowledgeable/gymnastics. Commensurate and dependable. Call: Gyn Quest Gymnastics, Napa, CA (707) 257-3200.

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# UP CLOSE WITH SALLIE WEAVER

## President Of Elite Sportswear, Ltd.

By Kim Clayton

Elite Sportswear Co. has been designated the Official Competitive Apparel Supplier for the U.S. National and Junior Olympic Gymnastics Teams through 1992. USA Gymnastics recently interviewed Sallie and questioned her on Elite's involvement with the USGCF.

**Q: Besides the basic leotard or workout wear, is there anything else Elite manufactures?**

A: Yes, but gymnastics apparel makes up close to 98% of Elite's business. We are one of a few manufacturers that specialize exclusively in gymnastics apparel. We keep our focus on the gymnastics market and we believe this is why we are the best manufacturer of gymnastics apparel.

**Q: How did you get involved in a relationship with the USGCF?**

A: Six years ago we realized that it was just the elite level gymnasts getting all the attention and recognition. The JO Nationals were brought to our attention as being a competition that involved more of the grassroots-level gymnasts—a group certainly deserving of a lot of recognition. We felt we wanted to get involved on that level by giving the gymnasts more motivation and attention. We did this by supplying the JO national team with competition leotards, warm-ups and workout apparel. This lets them know they're important, too.

**Q: What exactly does Elite supply to the USGCF?**

A: Besides supplying competition and workout apparel for the athletes and coaches of the national teams, we also supply the girls (Junior and Senior JO), Nationals and the boys (Class I and II) JO Nationals with apparel. We have also supplied the Women's Compulsory Workshops staff and Congress speakers with warm-ups along with any other needs the USGCF may have for special events.

**Q: What makes Elite want to help the USGCF and their athletes?**

A: There are many business opportunities available today, but few offer the opportunity to couple business with



Debbie Clay and Sallie Weaver measure Sarah Bolognini.

direct involvement in such a great sport as gymnastics. Being involved with the USGCF has put us even closer to the sport and the athletes. The direct involvement has been exciting and rewarding. The entire staff at the USGCF office is incredible. I have never worked with such dedicated, motivated people. We are exactly where we want to be involved, enthusiastic about the sport and, hopefully, making a positive difference to the athletes at all levels of gymnastics.

**Q: What has Elite received, or benefited from, in return for their commitment?**

A: Because of our involvement with the national team, we have been able to receive a lot of feedback on the fit and design of our apparel. This, we feel, has enabled us to service the rest of the gymnastics community better.

Elite Sportswear has an important role with the U.S. Gymnastics Teams. Their apparel is worn by U.S. national team members at national and international competitions as they receive a lot of worldwide exposure. Their apparel will also be worn at two important events coming up in the near future—the 1991 World Championships in Indianapolis, Indiana and the 1992 Olympic Games in Barcelona. Look for their logo "GK" where you see pictures of U.S. athletes in USA Gymnastics and your local newspapers.

If you're interested in receiving a copy of their catalog to purchase gymnastics apparel, you can contact them directly at Elite Sportswear Co., 1200 Spruce St., Reading, PA 19603. (215) 376-6522 (in Pa.) 1-800-345-4887 (toll free).

# HOUSING REQUEST FAN/SPECTATORS

Housing requests must be made on this form. Reservations by phone will not be accepted. Reservations can be received by FAX. To reserve a room, complete this form and mail to:

WGC Housing Bureau  
Indianapolis Convention & Visitors Association  
One Hoosier Dome, Suite 100  
Indianapolis, IN 46225 USA  
FAX: 317/684-2492 Information: 317/630-1991

\*Deposit of \$100 per room is required with reservation. One half of the total room charge must be paid upon arrival, the remainder upon departure.

## Reservation Form

Please print or type:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Postal code/ZIP: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_ Telex: \_\_\_\_\_

Date: \_\_\_\_\_

Upon receipt of your request, you will be sent an acknowledgment from the WGC Housing Bureau and a confirmation from the hotel.

## Payment

Major Credit Card: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

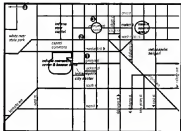
Signature: \_\_\_\_\_

OR

Wire funds to account INB NATIONAL BANK ROUTING NUMBER 096000052, ACCOUNT NUMBER 39-032-315

Total Funds Wired or Enclosed: \$US \_\_\_\_\_ Signature: \_\_\_\_\_

All changes and cancellations must be made in writing to the WGC Housing Bureau before August 31, 1991. After that date, you must cancel at least 72 hours prior to arrival, directly with your hotel, to avoid forfeiting your deposit.



## Downtown Hotel Package

1. Canterbury Hotel
2. Embassy Suites Hotel
3. Hilton at the Circle
4. University Place



1991 WORLD GYMNASTICS  
CHAMPIONSHIPS  
INDIANAPOLIS, SEPTEMBER 4-15

## Hotels and Room Rates

### **MILTON AT THE CIRCLE**

A 369-room hotel located in the heart of downtown, just off Monument Circle and 3 blocks from the Hoosier Dome, with two restaurants and lounge.

#### **RATES**

Single	\$ 90	(One person/one bed)
Double	\$ 95	(Two people/one bed)
Twin	\$ 95	(Two people/two beds)
Triple	\$105	(Three people/two beds)
Quad	\$115	(Four people/two beds)

#### **NUMBER OF ROOMS**


**TOTAL**

Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_

### **EMBASSY SUITES**

A 262-all suite property located one block from the Hoosier Dome, with a restaurant, lounge and indoor pool. Rate includes breakfast and two hours of complimentary cocktails in the evening.

#### **RATES**

Single	\$ 94	(One person/one bed)
Double	\$ 94	(Two people/one bed)
Twin	\$ 94	(Two people/two beds)
Triple	\$104	(Three people/two beds)
Quad	\$104	(Four people/two beds)

#### **NUMBER OF ROOMS**


**TOTAL**

Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_

### **CANTERBURY HOTEL**

A 99-room English-style hotel located one block from the Hoosier Dome, with a restaurant and lounge.

#### **RATES**

Single	\$122	(One person/one bed)
Double	\$122	(Two people/one bed)

#### **NUMBER OF ROOMS**


**TOTAL**

Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_

### **UNIVERSITY PLACE HOTEL**

A 278-room hotel located ten blocks from the Hoosier Dome that includes a food court, restaurant and lounge.

#### **RATES**

Single	\$ 82	(One person/one bed)
Double	\$ 82	(Two people/one bed)
(SIX Per Highway Per Night)		

#### **NUMBER OF ROOMS**


**TOTAL**

Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_

(Please list hotels in order of preference)

▪ If the above choices are booked, please place me in (check one):

☐ A hotel as close to the Hoosier Dome as possible.

☐ A hotel with a comparable rate.

▪ Guest Names \_\_\_\_\_

▪ Any Special Requirements? \_\_\_\_\_

# U.S. GYMNASTICS

## COLLECTION

### A. NEW OPEN FRONT CASH.

Cotton/poly blend. White with royal and navy.

5201-4.....\$9.99

### B. NEW FRONT CASHMERE.

Cotton/poly blend. Black and gray sleeves, collar and waistband. Sizes S-XL.

5201-4.....\$14.99



### L. LOVE GYMNASTICS SHIRT/SHORTS.

5401-4.....\$14.99

### J. TAYLOR 88. Nylon 6" x 10".

5501-4.....\$4.99

K. NEW 100-100-4 SHIRT. Screened with the three team logos and USA Gymnastics.

5401-4.....\$4.99

### L. LOVE GYMNASTICS SHIRT.

5401-4.....\$4.99

### M. NEW COFFEE MUG.

Screened on two sides, the gold USA is microwave safe.

5700-4.....\$7.99

### N. NEW GYMNASTICS UNIFORMS.

White leotards with and without.

5401-4.....\$4.99

### O. GYMNASTICS TOTE BAG.

5401-4.....\$7.99

### P. NEW 100-100-4 SHIRT.

3" x 10" to 10" x 10".

5201-4.....\$4.99



### C. NEW 100-100-4 SHIRT.

100% cotton. Lacrosse knit, embroidered logo. Sizes S-XL.

5201-4.....\$14.99

### D. NEW 100-100-4 SHIRT.

Twelve nylon shell with polar fleece lining, zip front and snap closure. Embroidered logo. Sizes S-XL.

5201-4.....\$14.99

### E. NEW 100-100-4 SHIRT.

50/50 blend. Sizes S-XL.

5401-4.....\$14.99

5401-4.....\$14.99

5401-4.....\$14.99

### F. NEW 100-100-4 SHIRT.

50/50 blend. Navy and red to S-XL. White to Youth S - Youth L. Adult S - Adult XL.

5101-4.....\$14.99

5101-4.....\$14.99

5101-4.....\$14.99

### G. NEW 100-100-4 SHIRT.

10" x 10" nylon bag

5401-4.....\$14.99

### H. NEW 100-100-4 SHIRT.

Twelve nylon shell with polar fleece lining, zip front and snap closure. Embroidered logo. Sizes S-XL.

5201-4.....\$14.99



Check by ☐ Visa ☐ MasterCard ☐ Cash ☐ Bill

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Order by phone with VISA or MasterCard 317/237-6080

Shipping & Handling Charges

Postage \$10.00 & taxes \$10.00

Postage \$10.00 & taxes \$10.00

Postage \$10.00 & taxes \$10.00

# Lake Owen

## GYMNASTICS CAMP 1991



Jenny Hansen  
1990 Level X  
National  
AA Champion  
Northland  
Gymnastics  
Academy

For more information, contact: Lake Owen Gymnastics Camp, 4000 Box 80, Clark, WA 98602 (206) 796-7785

Please send me a free color brochure.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Lake Owen Gymnastics Camp  
4000 Box 80, Clark, WA 98602  
(206) 796-7785

